NROTC APPLICANT FITNESS ASSESSMENT

Score Sheet

Applicant’s Name (Last, First, MN): ___________________________________________________

Applicant’s height (inches): _____________  Applicant’s weight (lbs): __________

READ TO APPLICANT:

"You are about to take the Naval ROTC Applicant Fitness Assessment. The results of this test will be
used in the NROTC scholarship application process by demonstrating your level of physical fitness. You
may cease work when you have scored the maximum for any individual event. Otherwise, do your best on
each event. You have 25 minutes to complete the entire test. After you complete each event, the scorer
will record your score and the time the event was tested. If at any time you cannot continue to meet the
timed requirements, the test will be terminated."

Start Time: _______

Number of Crunches completed in 2 minutes: _______

Number of Push-ups completed in 2 minutes: _______

1 Mile Run Time: _______ minutes _______ seconds

End Time: _______

Evaluator’s Signature: ______________________________________________________

Evaluator’s Printed Name: _____________________________________________________

Evaluator’s Title/Position: ____________________________________________________

Date: ____________________________